

Title:

Can't Hold Back: What You Need To Know About Fecal Incontinence

Word Count:

785

Summary:

This article is about fecal incontinence. It hits a lot of elderly people. Also called bowel

Keywords:

cramps, anxiety, surgery, treatment

Article Body:

Most elderly people manifest this as they lose control of their certain muscles and as a result

Fecal incontinence

Fecal incontinence is one of two kinds of incontinence that people experience. This is

People with bowel incontinence are often plagued with feelings of shame and humiliatio

Causes

Here are the five most common causes of fecal incontinence:

Muscle damage. Injury to the one of both of the ring-like muscles at the end of the rectum ma

Nerve damage. Incontinence may come as a result of damage to the nerves that control the anal

Loss of storage capacity. The rectum normally stretches to contain feces until a person volun

Diarrhea. Loose stool is more difficult to contain than solid stool and may sometimes leak on

Pelvic floor dysfunction. Abnormalities of the pelvic floor may cause decreased rectal sensat

Treatment

As with any medical condition, treatment depends on the cause and the severity of the

Dietary change. Food affects the consistency of stool and how quick it passes through the dig

Medications. Certain medications like anti-diarrheal drugs, laxatives, and stool softeners ma

Bowel training. This is advised to people who lack anal sphincter control or have decreased a

Surgery. This is suggested to people who've had anal sphincter damage due to childbirth or re

It is understandable to want to keep a condition such as fecal incontinence to yourself, peopl

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